

# Staying Healthy: Recommendations for WOMEN



The Veterans Health Administration (VHA) aims to help you stay healthy. The table below lists the **preventive health services** (screening tests, medications, health counseling, and vaccines) that VHA recommends. Screening tests are used to look for health conditions before there are symptoms. These recommendations apply only to adult women of **average risk**. You are a woman of average risk if you have **no personal or family history or symptoms** of the conditions listed below. If you are having symptoms of a condition, please talk with your provider.

## Which preventive health services are recommended for average risk women in my age group?

Green:	Recommended
Yellow:	Recommended for some women – talk with your provider
Red:	Not recommended (NR)

## SCREENING TESTS FOR AVERAGE RISK VETERANS

HEALTH CONDITIONS	18–29 years		30–39 years	40–49 years	50–59 years	60–69 years	70–79 years	80 years and older	
Abdominal Aortic Aneurysm (AAA)	Not recommended (age 18–64)						Talk with your provider (age 65–75)	Not recommended (age 76 and older)	
Breast Cancer	Not recommended (age 18–39)			Recommended annually (45–54) Recommend biennial (55 and older or have opportunity to continue annually) Have opportunity to begin annual screening (40–44)				Recommended for some women – talk with your provider (age 75 and older)	
Cervical Cancer		Every 3 years (age 21–29)	Recommended. Every 3 or 5 years, depending on tests chosen (age 30–65)				Not recommended (age 66 and older)		
Colon Cancer	Not recommended (age 18–44)			Recommended. Frequency varies by test chosen (age 45–75)				Talk with your provider (age 76–85)	NR (age 86 and older)
Depression	Recommended every year								
Hepatitis B Infection	Recommended for some women – talk with your provider (age 18 and older)								
Hepatitis C Infection	Recommended in adults aged 18–79 years, and in all pregnant women, during each pregnancy								
High Blood Pressure	Recommended every year (age 18 and older)								
High Cholesterol		Talk with your provider (age 20 and older)							
HIV Infection	Recommended once (age 18 and older); in all pregnant Veterans; annually in Veterans with ongoing risk factors								
Lung Cancer	Not recommended (age 18–49)				Recommended for some women – talk with your provider (age 50–80)				Not recommended (age 81 and older)
Osteoporosis	Recommended for some women – talk with your provider (age 18–64)						Recommended once (age 65 and older)		
Overweight & Obesity	Recommended every year (age 18 and older)								
Sexually Transmitted Infections	Recommended. Test for gonorrhea and chlamydia every year (age 18–24). Talk with your provider about syphilis testing.	Talk with your provider about testing for gonorrhea, chlamydia, and syphilis (age 25 and older)							
		Early screening for syphilis infection is recommended for all pregnant Veterans, regardless of age.							

## MEDICATIONS

HEALTH CONDITIONS	18–29 years	30–39 years	40–49 years	50–59 years	60–69 years	70–79 years	80 years and older
Folic Acid for Pregnancy Planning	Recommended. Daily folic acid supplement for any woman who may become pregnant (age 18-55)			Not recommended after child-bearing age (age 55 and older)			
Aspirin to Prevent Stroke	Not recommended (age 18–49)			Talk with your provider (age 50–69)		Not recommended (age 70 and older)	

## HEALTH COUNSELING

HEALTH CONDITIONS	18–29 years	30–39 years	40–49 years	50–59 years	60–69 years	70–79 years	80 years and older
Tobacco Use	Recommended every visit (if using tobacco) (age 18 and older)						
Alcohol Use	Talk with your provider about healthy alcohol use (age 18 and older)						
Healthy Diet and Physical Activity	Talk with your provider about a healthy diet and physical activity (age 18 and older)						

## VACCINES

HEALTH CONDITIONS	18–29 years	30–39 years	40–49 years	50–59 years	60–69 years	70–79 years	80 years and older
Hepatitis A	Recommended for some women – talk with your provider (age 18 and older)						
Hepatitis B	Recommended for some women – talk with your provider (age 18 and older)						
Herpes Zoster (Shingles) RZV vaccine	Not recommended (age 18–49)			Recommended 2 doses (age 50 and older), with second dose 2–6 months after first dose			
Human Papilloma Virus (HPV) HPV9 vaccine	2–3 doses (age 18–26) if series not completed	Talk with your provider (age 27–45)		Not recommended (age 46 and older)			
Influenza (Flu) Injectable, Inhaled	Recommended every year (age 18 and older)						
Measles, Mumps, and Rubella (MMR)	Recommended for some women – talk with your provider (age 18 and older)						
Meningococcal Disease	Recommended for some women – talk with your provider (age 18 and older)						
Pneumococcal Disease PPSV23 vaccine, PCV13 vaccine	Recommended for some women – talk with your provider (age 18–64)				Recommended. At least 1 dose of PPSV23 vaccine (age 65 and older)		
Talk with your provider about PCV13 vaccine (age 65 and older)							
Tdap (Tetanus, Diphtheria & Pertussis)	Recommend at least 1 dose. Get additional dose with every pregnancy (Or for wound management if > 5 years have passed since last tetanus toxoid-containing booster vaccine).						
Td (Tetanus and diphtheria)	Recommended. Booster every 10 years (age 18 and older) (Either Tdap or Td may be used) (Or for wound management if > 5 years have passed since last tetanus toxoid-containing booster vaccine).						
Varicella (Chickenpox)	Recommended for some women - talk with your provider (2 doses if born 1980 or later)						